Porn king comes to Guelph
Christina Bramburger talks with legendary porn actor Ron Jeremy at The Manor

ENTERTAINMENT 14

Spoke

Victims of massacre remembered
Activities will honour victims of the Dec 6 shooting in Montreal

NEWS 2

New York ideal vacation spot
The Big Apple has many great shopping opportunities and popular landmarks

TRAVEL 12

Monday December 1, 2003 | Conestoga College Kitchener | 35th Year — No 11

Security guard assaulted in early morning attack

By DARREN SMITH

Students and staff should remain cautious after two males assaulted a security guard at the Doon campus of Conestoga College on Nov. 15.

Al Hunter, chief of Conestoga security, said this was an isolated incident but was concerned the attack occurred on a uniformed guard.

The assault occurred around 3 a.m. while the security guard patrolled the area around the early childhood education building.

Two people were hiding in nearby bushes before confronting the guard and assaulting him.

The guard was pushed and punched by the individuals. After defending himself, the attackers eventually stopped and ran away.

The security guard described the male suspects as having blond hair and in their early 20s. One stood about five feet six while the other was said to be about five feet eleven.

Waterloo regional police responded bringing a K-9 unit to help in the investigation which is ongoing.

Although this incident occurred on a weekend, Hunter said students in certain programs requiring additional work hours should remain vigilant.

> "If students have to go out alone and are concerned security will provide an escort out to their cars"
>
> *Al Hunter*
> *chief of Conestoga security*

We have numerous," said Hunter "as we still have students moving around the campus during their early morning hours."

During the evening hours, Hunter said there are steps students can take that provide better protection.

He suggested parking in well lit areas or near buildings if possible. He also said staff and students should be watchful and walk in pairs when possible and make use of the walk safe program provided on campus during a make-a-ghts.

If students have to go out alone and are concerned," said Hunter security will provide an escort out to their cars."

Hunter said he doesn't anticipate similar problems but wanted the college community to be aware of the scenario taking place in assault.

Hunter said the motives are unknown but suspects they may have been attempting to break into a building and were caught in the act.

He remains confident police are following up any leads as they have a good description of the suspects.

"I'm sure police have suspects who are active in this area," said Hunter.

Security personnel at Conestoga are unarmed because they do not want to get involved in a physical confrontation. However they are willing to intervene in disputes.

"Security is a service provider" said Hunter. "Assaults like this are not a common occurrence at the college."

He said security personnel lack the training and qualifications needed for nightsticks, pepper spray or other similar devices.

Photo by Kate Bastian

Smackdown!

Bobby Rude uses the ropes to his advantage while shutting off Showtime Eric Young's air supply. See full story on Page 9

College concerned about impact from tuition freeze

By CARLA SANDHAM

Conestoga and other Ontario colleges and universities could face a funding crunch if the provincial government follows through with its promise to freeze tuition next fall.

Colleges and Universities Minister Mary Ann Chambers announced Nov. 17 she was committed to her pre-election platform to cut costs for students. The freeze would be implemented right now.

This means fees would not increase next September or the following year.

However, Kevin Mullan, vice-president of finance and student services, said he has some concerns of the plan proceeds.

"We have already budgeted for next year based on the two per cent increase in tuition fees established by the former government.

But he added the freeze hasn't been finalized yet.

"It is more of a concern than anything," Mullan said.

> Fees would not increase next September or the following year

Conestoga College president John Tibbits said the college participated in a cost-to-project and they rely on tuition increases to continue with improvements.

"Our major investments are in pilot everything on the Web," he said, adding they will spend about $1 million to do it.

Part of the reason the fees are being standardized, he said, is because financial impact the tuition freeze would have on students who are welcoming it.

It's good. It should be [illegible] every year," said Tibbits. [illegible] point, from a business standpoint.

Jerry Walker, president of the Conestoga College Student Association, said tuition fees would be [illegible]

He added that the [illegible] $1,000 less than elementary [illegible] high schools at [illegible] colleges.

Although college and [illegible] officials are [illegible] financial impact the tuition freeze would have on students who are welcoming it.

It's good. It should be [illegible] every year," said Tibbits. [illegible] point, from a business standpoint.

Jerry Walker, president of the Conestoga College Student Association, said tuition fees would be [illegible]

Photo by Rebecca Learn

These Conestoga students collected job information from an employer at the first annual part-time and seasonal job fair.

First part-time job fair a success

By REBECCA LEARN

Conestoga's first part-time and seasonal job fair was a big success. Students, employers and organizers were all satisfied with the turnout [illegible]

"We were [illegible] Sam Free.

Free said that a lot of students [illegible] services [illegible]

He was [illegible] for their [illegible]

[illegible] employers [illegible] ATS Services [illegible] ATS Arcade [illegible] Panoramic Kitchener Public Library and other stores from the Fairview Park Mall.

[illegible] employers [illegible] students [illegible] part-time and [illegible]

[illegible] employers [illegible] students [illegible] and [illegible] services on a [illegible] and [illegible]

[illegible] Free said [illegible] seasonal [illegible] students [illegible] different areas. Students [illegible] needed attitudes.

Far from home

By JENNIFER HOWDEN

With the winter break approaching students are starting to make their Christmas plans. Going home and spending time with family and friends is on the top of many students lists.

However, for some international students living in the Conestoga Residence and Conference Centre going home is not a possibility.

If I could go home I would, said accounting student Lili Chen from China. "But I can't. I haven't been home for a whole year."

Conestoga College has students living in the residence from such countries as China, Jamaica, Korea and Africa.

The students said money and time constraints are the main reasons why they aren't going home.

Money is an issue because it costs too much to buy a plane ticket to get home and back over Christmas and then another one to return at the end of the year. Also they are required to pay $200 to stay in residence over the break.

Chen said the Christmas break doesn't give her enough time to enjoy her visit home.

"Three weeks is not long enough. I would really like more time with my family," she said, adding she will hopefully go home during the summer break.

Not everyone sees staying in residence for the holidays as a negative experience.

Moody Wang, a first-year marketing student said not seeing his family for the holidays isn't such a big deal.

As long as I have the things I need and my friends to hang out with I'll be OK, he said.

To help fight the holiday blues, students can do many things including staying in touch with friends who can't go home.

Also residence might be holding another dinner during the break. They held one last year where all the remaining students could get together and have a Christmas feast just like they would with their families back home.

It is also important for the students to keep in touch with their family. By using e-mail, the telephone, MSN or any other instant message programs they can do that easily.

Another thing is to send them Christmas presents through the mail. This will help lift your spirits as you remember that there is someone back home who is thinking about you and you can show them that you are thinking about them too.

(Photo by James Clark)

Employees wanted!

Jodi Harinck, a first-year materials management student, fills out an application for a job with Conestoga Students Inc. Denise Payler (behind table) said she expected a lot of students would be interested in working for the CSI.

New spin on old vinyl

By TIM MURPHY

A team of Conestoga robotics and automation students have put a new spin on some old records.

The students have used their vinyls as wheels for a vehicle that moves bottles for a class project.

We built a cart made out of pop cans with wheels made out of records. It transports a pop bottle from entire in less than 10 seconds," said 19-year old team member Dan Nibourg.

The cart built by Nibourg, Andrew Catherwood, Mark Dallmeier and Chris Olaczek is powered by an electric motor.

It's got a really tiny motor and it's geared up to 133 gear ratio," said Nibourg. The gear ratio means the wheel's 33 spins of the motor for every one spin of the.

The recycled wheels were really fun to do. First time we built it. We had to reinforce it," said Nibourg.

They did this by screwing pieces of wood along the sides.

"There are a lot of missing holding it stretching it to the right location," he said.

Most groups got their parts to travel more than six metres, but their timer circuits failed, or didn't work at all. The timer circuit is what kept the parts operating for no longer than their allotated 10 seconds. When the timer turns off the motor should turn off with it.

A simpler example is like a motion sensor light. The motion triggers the timer, and your lights will turn on for a few seconds," he said.

"The requirements were that the cart was supposed to travel over one metre and we just did that," said Nibourg, whose vehicle completed the distance in eight seconds.

Time restricted us. But our cart could have moved more three, maybe even four, full two-litre pop bottles.

(Photo by Tim Murphy)

Dan Nibourg, Andrew Catherwood, Mark Dallmeier and Chris Oleaczek built a robotic vehicle using old records as wheels.

Con-ed courses canned

By DESIREE FINHERT

The class was cancelled because nobody wanted to take it.

Continuing education program co-ordinator Gillian Oldfield estimates between 15 and 20 courses have been cancelled out of the 175 courses running in the fall semester.

It's a small portion," said Oldfield, as she went through the steps of cancelling a music appreciation course. "The courses do get cancelled occasionally because there are not enough people signed up."

Most con-ed courses need a minimum of 10 students to run. Opera, what's all the singing about, was cancelled because only five people had registered.

Oldfield said people will call her up in three days after the class was cancelled saying "I want to sign up for that course and I know four other people who would take it. Can you put it back up?

I have to tell them no because by that time the college has already contacted the instructor.

Oldfield must also cancel the room booking and contact all the registered students to inform them that the class will not run. She said reversing the process is often more of a headache.

The phrase "we cancelled it because we didn't know you wanted it," is published throughout the program book to remind people to register at least six working days before the start of class.

The co-ordinator must balance the cost of running the course and paying the instructors with the student registration fees. If too few students register there will not be enough money to pay the teacher.

Oldfield said she will run a course if the basic costs are covered, but she can't run a course if it's in the red.

Floral designer Terrie Burton's courses often only break-even.

"But because she has such a loyal following there are a lot of students who will take her courses," said Oldfield. "Then word gets out into the community."

Out of the 21 fall courses Burton teaches, only two were cancelled due to low registration.

Burton said the silk Halloween design was popular last year but only two students signed up this year. Subsequently they bought the pre-made flower arrangement instead.

It always makes me wonder why a class doesn't run," said Burton. "Maybe it was too expensive? Maybe the date was too early or late? I try to understand the reason and make changes for next year.

Burton's Thanksgiving harvest arrangement class would have run for the first time this fall if it had not been cancelled.

"Next year I think I will drop the supply cost and change the description to explain that this design can be used all season," said Burton.

Maybe they thought it was just for Thanksgiving. It is a guessing game.

Burton is going to run her less popular courses at the Guelph campus for the winter term, hoping that they gain interest again.

I create the classes thinking there is an interest, but who knows what people want?" said Burton. I try to stay current with decorating magazines, shopping and television. I ask students in every class what they would like to see and to e-mail me with their ideas."

Administrative assistant in the con-ed department Kathryn Richards is also the crochet instructor at the college.

The course ran, for the first time since the '80s, with a full class in the spring, however this fall it was cancelled due to low attendance.

Only four people registered for Richards' class, but she hopes it will run again in the winter term.

"The people who were registered for the fall will move over to the January one," said Richards. "It's more of a home winter craft anyway."

When the course was cancelled Richards had already prepared the handouts and patterns and collected the necessary materials.

The class would have started off with making a series of small squares to learn different shaping techniques. The squares can be sewn together to make a potholder or pillow top or a quilt.

Usually we start off with the basics and then the students pick their own projects to work on," said Richards, who taught herself to crochet left-handed so that she would better teach left-handed students the art.

Some of the more expensive classes like glass blowing will run with only one or two students registered, even though this semester it didn't run at all.

Oldfield said the college runs the glass blowing course every semester because they are never sure how many students will be interested.

The winter schedule offers many of the courses offered in the fall, as well as new ones like belly dancing.

Oldfield said non-ed courses like bartending or Ukrainian Easter egg painting make great Christmas gifts.

Activities mark anniversary of massacre

By BRANDI STEVENSON

Fourteen years ago 14 women were killed at L'Ecole Polytechnique in Montreal on Dec 6 1989 simply because they were women. Marc Lepine entered a classroom of engineering students and told the men to leave, before he opened fire on the room. That day was a painful eye-opening experience for everyone in Canada.

However violence against women continues to be a significant problem in this country. According to Status of Women Canada, 51 per cent of Canadian women have been victims of assault since the age of 16. Women make up 86 per cent of sexual assault victims with 54 per cent of those women under the age of 18. In 2000 28,633 women were victims of spousal violence.

Since 1991 Dec 6 has been the National Day of Remembrance and Action on Violence Against Women in Canada. The Women's Resource Group at Conestoga is doing its part to make sure no one forgets about it. They are holding a number of activities to mark the anniversary of the Montreal Massacre including a writing contest poster sale guest speaker and button sale.

On Dec. 4 and 5 they will be giving out rose buttons in exchange for a donation of $2 or 3 and in the Awing Student Services counsel for Joan Magazine said the group bought the buttons from the YWCA.

The deadline for the writing contest is Dec 5. Students can enter poems first person reports or fiction up to 500 words.

The winners will be notified on Jan 16 2004 and entries will be judged on their relevance to ending in the anti violence theme. Submissions will be accepted online at www.conestogac.on.ca/~pstaddle/WomenResHtml or at Student Services in Room 2B04.

A new initiative the group has taken on is giving away posters. About two years ago the group organized an anti violence poster contest with the graphic design program. Last year they displayed the posters around the school. Magazine said the posters were a big hit. "We had a number of inquiries whether people could buy them" she said. With the permission of the graphic design program they decided to give them away in exchange for a donation. The money from the buttons and posters will be donated to women's shelters in the area.

Some of the proceeds will also go towards funding a guest speaker in the Sanctuary on Dec. 4. The speaker Jack Doyle is a self-described ex-abusive rapist. She is known as "Tough" but known to him at the 1980s balcony rapes. Ethan Miller CSI vice president of activities, said in June. "It will bring an important view to this school." He said. "This unique woman is coming in and enlighten us, our students."

The Women's Resource Group worked with the CSI to bring her to the school.

Miller is thrilled to work with other groups at Conestoga. "It's important that we partner with groups in the school that carry the same message. It makes a more message that much larger," he said.

Writing contest has anti-violence message

By CARLA KOWALYK

Often people first hear about abuse towards women they automatically think of something physically harsh. But according to a pamphlet in Student Services what most people don't realize is that abuse can fall into many categories: physical emotional sexual verbal and financial.

Conestoga College Women's Resource Group wants to try and get that message out to the student body by holding a writing contest on why violence is not the answer.

"The women's group came up with the concept to help remember the women who died in the Ecole Polytechnique massacre in Montreal on Dec. 6 1989."

Joan Magazine a counsellor at the college and a member of the women's resource group said the writing contest is not just to help remember the women in Montreal but to help spread the word.

"It's another way to get the students involved to helping to prevent violence" she said. "Unfortunately violence still exists in today's society."

There are a few guidelines that must be followed when submitting a piece of writing. The poem can be a poem a first-person account or be fiction. But it has to be written in English and cannot be more than 500 words 12 point font and double spaced.

Prizes are $150 $100 and $50 and the winner will be announced on CHQ and in Spoke. The college newspaper will also publish the winning entries.

"It's better for students to read about this issue when it comes from other students" she said. "We hope the writing contest will draw attention to this serious issue."

All entries must be submitted by Friday Dec 5 either online or in person to Student Services located at 2B04.

To find out more information go to www.conestogac.on.ca/~pstaddle/Women.html.

But remember all entries must include a name phone number student ID number program and email address.

The winners will be picked on the anyone their piece has on the issue of violence against women.

Violence against women is a serious issue. Conestoga College's Women's Resource Group is trying to help spread the word to the student body through a writing contest.

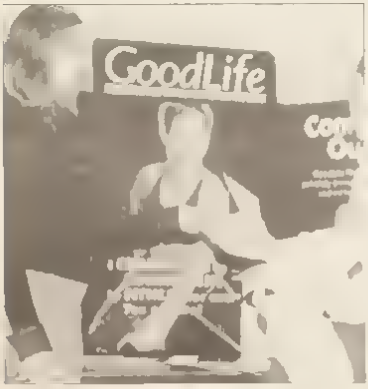


Photo by Dianne Smith

Job fair!

Michelle Mabee a graduate from Conestoga's recreation leadership program was at this year's job fair at the college on Nov 15. She cited to her college diploma with helping her get a job.

CORRECTIONS

[illegible]

[illegible] Nov 17 article on the leadership the names of Chantelle Chapeskie and Jon Yanoff were spelled incorrectly. Spoke apologizes for the errors.

Commentary

Should they strike?

On Dec 10 support staff at Ontario s community colleges will hold a strike vote

Although this vote does not mean a strike will definitely happen it does bring them one step closer to it

And in the event of a strike students will be well screwed

Teachers are not the glue that holds these colleges together It is staff as a whole

And without support staff many services will no longer be running

Administration and financial aid are just a few of the services that would be affected by a strike

The scary part is that if a strike were to happen it could happen as early as January

This is because the union feels they have the most bargaining power at the beginning of an academic term

Students who depend on OSAP would be out of luck

Not to mention anyone trying to register in a program or fix a timetable

So why has it come down to a strike vote?

In an earlier meeting between support staff and management the union rejected management s latest offer by 95 per cent.

The offer included a three per cent increase in wages per year for three years

Management walked away from the table after only three days of talk, saying they were too far apart to continue

Also the union would like to see seasonal student workers pay union dues and receive the same compensation as union members. They feel this way the union can protect their jobs from being turned over to part-time students

However management does not agree with this because they believe part of the college mandate is to provide students with employment and work experience in the summers.

College support staff have been without a contract since Aug 31 and they are looking for changes in wages and benefits

But a strike is the last thing students need

Support staff and management need to come to some kind of agreement, fast

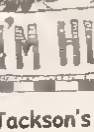
Contract disagreements are nothing new but when these disagreements have the potential of affecting thousands of students they need to be resolved

Management should strike a deal with support staff If they don t they will find out quickly how a school cannot function without them

And in the meantime students will be the ones paying the price

Michael Jackson's next album title

Canada needs answers in Arar case



Brandi Stevenson

Opinion

Canada is often described as a cultural mosaic a place where people from other cultures are welcomed, and treated equally Canadian citizens are frequently treated with respect while travelling to other countries

However Maher Arar was not treated with any respect when he made a stopover in a New York airport last September

In fact, he wasn t even treated as a Canadian United States officials detained Arar at the airport saying they suspected he was a member of the al-Qaeda terrorist organization Then U S officials deported Arar to his birthplace Syria, even though he was also a Canadian citizen Arar spent more than a year in a Syrian prison where he said he was tortured almost daily

Fortunately on Oct 5 Arar was released from jail and returned to Canadian soil Oct. 6

But even though Arar is home after 374 days in Syria this case is not over The fact that he was deported to Syria in the first place is an outrage Arar is a Canadian citizen But U S Attorney-General John Ashcroft said the U.S did not break any laws by sending Arar to his Syrian birthplace In a Nov 21 Toronto Star article by Tim Harper Ashcroft said the deportation was legal because they were assured he would not be tortured Arar s lawyers discard Ashcroft s claim since U S officials should have known that Syria was on an international list of nations that use torture

Canadian authorities should have been notified of the situation as soon as he was detained in New York According to a Nov 6 story on cbc ca Arar was sent to Syria on Oct. 7 or 8 but Canadian officials were not informed until Oct. 10

In the Nov 21 Toronto Star article a Syrian official said Arar was released because the Bush administration did not produce any evidence linking Arar to al-Qaeda. So if there was never any proof that Arar had terrorist connections then why did this happen? It appears like this was a case of discrimination Arar was singled out just because he is Muslim.

This behaviour cannot be tolerated And this situation could have been prevented Or the Canadian government could have made more of an effort to stop it. According to an Oct. 23 article on cbc.ca the Commission for Public Complaints Against the RCMP are investigating Canada s role in Arar s deportation However, this investigation is not enough The complaints commission does not have the authority to discipline anyone, or compensate victims. There needs to be a public inquiry In a Nov 8 article from cbc.ca, Prime Minister Jean Chretien said Washington should take all of the blame, and refused to call an inquiry If the U S is to blame for everything, then why not hold an inquiry? What does Chretien have to hide? It s time to find out.

Letters are welcome

Spoke welcomes letters to the editor Letters should be signed and include the name and telephone number of the writer Writers will be contacted for verificat on

No unsigned letters will be published

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication

Address correspondence to
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Spoke

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PASS program helpful

By DAWN HASSON

Some first year students with learning disabilities had an advantage when they came to school in September because they had participated in Conestoga College's PASS program.

The Post-secondary Accommodations Supports and Strategies program ran in July with a total of 16 students who have specific learning disabilities and were accepted into a program at the college.

The program, which was modeled on the strategies for student success course offered a course credit in lieu involved.

We wanted to give the students a course credit because they were giving up a month of employment over the summer said Marian Mainland co-ordinator of disability services "The attraction could be the credit to lighten the student's workload in the fall."

The program which was taught by Ken Brooks used to run for four years for one week. The ministry liked what staff had done based on program evaluations and asked that it be changed to a four week program.

The disability services department received funding from the Ministry of Training Colleges and Universities to move the most of residence a month and other courses and materials.

However the program will need more funding for next year. Because the office is already buying the heavy workload involved in the program was about overwhelming.

We'll have to hire part time staff for that purpose to allow an additional demand on our staff said Mainland.

The students in the program learned about the various student services around the school and where to find them. In the first week, the students had to go on a conquest to find where the services available to them were and what was offered there.

"The biggest advantage of the PASS programs was that it really helped the students feel like they belonged said Mainland. They had far less anxiety starting in September."

A 19-year old student who took the program agreed.

"I liked getting to know others with the same difficulties and making a couple of new friends." said the student who asked not to be named for personal reasons.

"They were all the same" said Mainland "No one felt like geeks in the classroom."

A 20 year old student was relieved to know what to expect in the upcoming year.

It's a sketch pad of what you're in for. It teaches you how to survive" said the student who also asked not to be named for personal reasons.

The students also watched videos listened to guest speakers and completed assignments such as the conquest.

The best video in Mainland's opinion was FAT (Frustration, Anger and Tension) City. It involved a workshop where parents and teachers were found to look at distorted pictures and passages which they had to present in the class. They were rewarded for reading the distorted passages aloud by the leader. The workshop set them up to feel what it's like to live a learning disability and to hear the teachers criticism in turn.

The adults realized what their kids been everyday and the teachers realized what they do or say and how it hurts the students," Mainland said.

Students who took the program also had the advantage of having their psychological assessments finished early.

An assessment determines students specific learning disabilities and how staff at disability services can deal with it by providing them with the proper resources and learning enhancements.

If a student has trouble reading then they can come to disability services to listen to their reading material on an audio computer. This was the case with one student Mainland helped.

He used to be terrified of reading aloud in class" said Mainland. "Students who have anxiety performance anxiety have difficulty getting up in front of the class to do presentations.

At times it is tough for a student with a learning disability to complete all the course requirements. Alternatives can be found to overcome this such as talking to the teacher and asking to see if the presentation can be videotaped instead.

"That's why we have to work really closely with the students" said Mainland.

But sometimes there is no other way of complying all the course requirements such as for the nursing program at the college where public speaking is a must.

"If that happens then the student can use cue cards for public speaking and practice with us at disability services" said Mainland.

Having the assessment done prior to the start of school is beneficial because students often have to go on a waiting list to get the assessment finished by the start of September.

Women's Resource Group Writing Contest

Violence isn't right !

Contest Criteria:

Deadline.
Friday, Dec 5th, 2003 Sponsored by the Women's Resource Group of Conestoga College in remembrance of the women who died on Dec 6th 1989 at Ecole Polytechnique in Montreal

Entries
Current students of Conestoga College may enter poems, 1st person accounts or fiction in English up to 500 words Submissions must be printed in a Word document, 12 point font double spaced Entries will be judged on their impact in relation to an anti-violence message

Fees: None

Prizes
$150 – $100 – $50 Winners will be notified by Jan 16th, 2004
Winning entries will appear in Spoke be announced on CJIQ and posted on the web site All entries become the property of the Women's Resource Group

Information: See www conestogac on ca/~pstadden/wcontest html

Submit to:
Entries may be submitted online to the web site or in hard copy clearly

Disabled students get help

By DAWN HASSON

Students with disabilities at Conestoga College can find employment quite easily.

These students work extremely hard to meet challenges presented to them at school and at the work place and have a great work ethic according to Charlin Matjanec the disability services employment adviser.

Students with learning disabilities have to work harder than the average person to achieve their goals and to understand their tasks at a workplace.

Matjanec helps Conestoga students find employment based on the disability they might have. Most importantly he provides students with information on the legal implications of the job force and helps them negotiate for any accommodations they might need on the job.

Under all federal and provincial legislation a person does not have to disclose any information about a disability.

The employer's legal duty is to accommodate someone who has a disability. An employee can work for the employer for a period of time before deciding to disclose whether the law a disability and the employer must still accommodate him or her under the Human Rights Code. If the person has a process for learning disabilities then they may need a peer tutor or reader. In that case, they would go to their employer and ask to have non employed tutor in the workplace with a transit system.

Section 15 of the Canadian Charter of Rights and Freedoms guarantees person with disabilities the right to equal protection and equal benefit of the law and without discrimination by government than agents and delegates.

Canada's Employment Equity Act's purpose is to keep equity in the workplace so no one is denied opportunity as long as they have the ability to perform the job.

"I have yet to see an employer who has gone bankrupt because of the accommodations" said Matjanec. "There are a number of accommodation costs of about $500 in total under what is called the workplace accessibility tactics.

This means that the workplace has a set amount of costs to accommodate employees with special needs. An employee who is in a wheelchair may need a ramp to get inside as well as access to elevators.

Conestoga College has a wide selection of software tools for disabled students. They can also take them to the workplace.

Kurzweil 3000 is one of the most popular systems available. It allows the student to scan a document into the computer which can read back to him in an automated voice.

Dragon Naturally Speaking, lets a person speak into the microphone voice command.

Inspiration is designed for those who think in pictures rather than words. Concept mapping process flows knowledge maps and flowcharts can be created.

A student with disabilities can go to a specially equipped computer lab down the hall from disability services in room 2A113. It is open every week day until 7 p.m.

Woman's classic jewelry always in style

By TIM MURPHY

Classic jewelry is the passion of a Kitchener woman who has been designing accessories for nearly a decade.

A self-taught artist, Eryn Merwart designs necklaces, bracelets and earrings for formal and casual occasions.

"I want people to be able to wear my work for a long time without it becoming dated or out of style," she said.

Merwart has been designing jewelry since 1994 and established her business Take to the Sky in 2000.

She said jewelry design just fell into her lap.

"I was going to Laurier and there was a bead store across the street from my residence. One day I just thought, I think I'll make a necklace," and it went from there.

She has participated in church bazaars and art shows since 1997, where she sells most of her work.

"I am hoping to get to a point where I do only art shows."

She sells her work locally at Turkey Goose Creations, a store that sells work by local artisans, located in Waterloo.

"Versatility is a key word for me. I use the best possible materials I can find," she said.

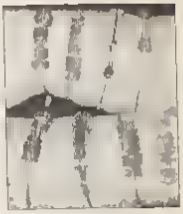
Merwart uses semi-precious stones, handmade glass beads, Czech and Austrian crystal and silver and gold plated beads in her work.

"I love to do custom design work, and I also make jewelry for wedding parties, as well as beaded headbands and jewelry for the bride," she said.

She said she thinks of her work as an art rather than a craft.

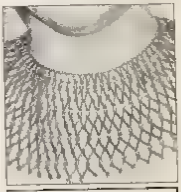
"I find it so gratifying when people can look at my work and find a piece that really speaks to them."

Her online portfolio can be viewed at http://www.picturetrail.com/taketo thesky.



(Photos by Tim Murphy)

Some pieces from the Eryn Merwart collection



NO PANTS PARTY

wet~dry
in effect

doors open
at 9pm

wicked prizes

television
give away
...electronics

Thursday Dec. 4th

-SANCTUARY-

You must be wearing clothes
shorts, boxers, etc.
just no pants

guest dj's

CONESTOGA
STUDENTS INC.

NIGZ

for dj bookings
nigz2003@hotmail.com

BLACK TNT

Does winter make you SAD?

By JENNIFER HOWDEN

It's winter. The days are shorter the nights are longer and all you want to do is stay in bed and sleep. You have no energy and no desire for work or social activity.

Your appetite is out of control you cry for no reason and worst of all you no sex drive is non-existent.

What's wrong with you?

Like 500 000 Canadians you could be experiencing a form of depression called seasonal affective disorder (SAD) also known as the winter blahs.

According to the National Mental Health Association's website SAD is caused by a lack of sunlight from short, dull days and long, dark nights. Which is why winter is the time when most people start to show symptoms of SAD.

The lack of sunlight causes changes in the brain's chemistry specifically in the pineal gland. This pineal gland is where serotonin and melatonin the hormones that help us sleep are secreted. The dreary days increase the output of melatonin and decrease the output of serotonin. The chemical imbalance confuses the body and causes fatigue to set in.

Although more common in females than in males SAD can affect anyone. The majority of people who get it range in age from 20 to 40.

The disorder can strike anytime from late fall to early winter. It may last only a week or so or it could long around from October to April.

The major indicators of SAD include depression lack of energy anxiety irritability loss of interest in sex overeating weight gain and difficulty concentrating.

A team of Canadian researchers at the University of Toronto is studying hundreds of people who suffer from varying degrees of SAD hoping to come up with a combination of treatments that will work to prevent or treat this disorder. The study is called the Can SAD study.

Treatments include diet exercise light therapy and stress management.

Diet is important in the treatment of SAD because people get tired and crave carbohydrates which will give them energy. If a person is not careful the carbs will lead to weight gain which will add to the depression. A person should follow a low fat diet and avoid excessive protein sweets and carbohydrates.

> The disorder can strike anytime from late fall to early winter
>
> *National Mental Health Association*

Caffeine from coffee tea, pop and chocolate should also be eliminated. Vitamins with magnesium B complex and minerals may be helpful.

Exercise is important as well. The best exercise is walking outdoors, especially on bright, sunny days. If the sun is out you should be too. Soak up as much of the sun's rays as you can.

Light is the most important treatment for SAD. People should make sure as much light as possible gets in their homes. During the day keep all drapes and blinds open so the light can come in and keep all the lights on at night.

Lights called SAD lights are an effective way to let light into your house. They are large lights that emit power of 10 000 watts the equivalent of five to 20 times the normal brightness of your home or office lighting. According to the website the light users should sit in front of these lights from 30 minutes to two hours per day doing any of their day-to day activities. The lights are expensive at $200 but highly recommended since they work for 60 to 80 per cent of the people who we tried them.

Light behind the knees is a new treatment that involves a light weight band fastened behind the person's knees. The light shines on the backs of the knees where nerves are close to the surface which is supposed to brighten the mood of the person.

This system is still being tested and if it proves successful should be available as a simple method of treatment in the near future.

Simulated sunlight is also recommended. Using a computer and a timer a person can simulate an early morning sunrise to provide energizing light just before he wakens. The bedroom is flooded with artificial rays of sunlight and the sleeper awakens full of energy no matter how dull it is outside.

If none of these treatments work your doctor may recommend you go on medication to offset the symptoms.

Although there are treatments for SAD there are some ways that a person can stop the symptoms before they start.

One is to pay attention to your moods and energy levels. If you feel like your moods or energy begin to sink, take action. Go outside for a walk if it is still light out. Also try turning on all the lights in your house early so you don't notice it getting dark outside. Stay active before you feel the blahs setting in which may help keep you occupied so you won't think about it as much. Try to get yourself excited for winter. Instead of thinking about the cold weather and short days think about Christmas dinner and seeing your loved ones.

When you feel SAD coming on never isolate yourself from other people. This is a time when you need company and other people may be able to help cheer you up.

(Photo by Jen Howden)

Working under a large SAD light may help students cope with seasonal affective disorder

The most important thing you need to remember is if you think you suffer from SAD see a doctor. Never diagnose yourself. A doctor can tell you if you have seasonal affective disorder and then help set up a way to treat it that will work best for you.

For more information about SAD visit the National Mental Health Association's website at www.nmha.org

Chicopee Ski Club opening soon

(Photo by Bryan Martin)

Chairlifts at Chicopee Ski Club were put back on the lifts Nov 20 to prepare for the upcoming season

By BRYAN MARTIN

It's December and the excitement of skiing and snowboarding is in the air.

It's that time of year again and the weather is getting colder. Christmas holidays are approaching, egg nog is being served and 2004 is just around the corner.

That also means Chicopee Ski Club will be blowing snow and preparing to open for another season.

Chicopee has taken great strides over the years in making the hill a better place to ski and snowboard.

In the past they have expanded the Apple Bowl hill on the far right side made the snowboard park much better by adding rails and a spine as well as adding a new Beginner Centre a hill beside Tenderfoot.

This year is no different. Chicopee has renovated the lounge area making it a much nicer venue to relax in and have a drink. They have also added a carpet on the Beginner Centre. The carpet helps beginner skiers and snowboarders get up the hill without having to use a chairlift.

Sure Chicopee isn't Whistler Mount Tremblant or even Blue Mountain, but it's a local ski and snowboard club for people to come and enjoy the sport.

Chicopee has produced many great skiers and snowboarders over the years and continues to make changes to keep the hill progressing in the right direction.

> "I remember years ago it would take so long to cover the hills with man-made snow. With the new system, after a couple of days of blowing snow you already have a good base"
>
> *Gavin Soye*
>
> *Chicopee employee*

Kelly VanderBeek a Kitchener resident, is the brightest rising star out of Chicopee. She is on the Canadian National Ski Team and hopes to go to the 2010 Olympics in Vancouver.

Dan Pitts another Kitchener resident is one of the best snowboarders Chicopee has produced. Pitts is sponsored by United Snowboards and has moved out west to pursue his riding career.

Chicopee hopes to open for the Christmas holidays because that's when they generate a lot of their business.

They upgraded their snow-blowing equipment a year ago and it has definitely been worth it said Gavin Soye an employee at Chicopee.

"I remember years ago it would take so long to cover the hills with man-made snow. With the new system, after a couple of days of blowing snow you already have a pretty good base" said Soye.

A normal Chicopee season usually runs from the beginning of Christmas holidays to the end of March.

Prices this year are divided into a variety of categories depending on the age of the person and the amount of time they are there. The cost for adults between 18 and 59 is $37 for two hours, $47 for four hours, $34 for a full day. Ski and snowboard rentals require a $200 deposit and cost $18 for two hours, $22 for four hours and $26 for the entire day.

BCW wrestling invades rec centre

By JASON SMITH

More than 100 fans packed the Kenneth E. Hunter Recreation Centre on Nov. 19 in get a first hand lesson in angle management.

Border City Wrestling (BCW) might by the most popular and successful independent professional wrestling federation in South America, and, based every one in attendance, they treated the rare centre with the spectacular fan event entitled Angle Management 101.

The evening was [illegible] high [illegible] tricks, comic [illegible] and fan [illegible] all ages [illegible] the thrills in the fantasy of pro wrestling.

"It's an unique hand reality," said long-time wrestling fan Trevor Laforet, 21, from London.

"When you walk into the arena to watch a wrestling show, anything else in the world disappears. For those two or three hours of action in the ring, reality fades away and you get lost in the fantasy world of good versus evil."

Laforet was one of many fans who took a bus of a road trip to catch the BCW event here at Conestoga.

Several BCW "regulars" even made the trip from Windsor to show their respect for the hard work and dedication of the Border City roster.

"The wrestling fan is a unique creature," said Laforet. "Wrestling is about respect. That's all the wrestlers ask for and they drama well earn it every time they step in the ring."

Fans young and old cheered on their heroes and booed against the villains as they were treated to a star-studded line-up that included wrestling legends of yesteryear and the future.

"I thought the show was great," said "Showtime" Erin Young, one of the BCW wrestlers. "Maybe (CSI) was expecting a bigger crowd but I thought things went really well."

The turnout for the event, however, cannot be frowned upon. Although BCW may draw larger crowds at their regular shows, based in Windsor, the 100 plus crowd at the rec centre is a good turnout for an indy performance.

Greg Oliver, a popular wrestling journalist as well as co-founder of SLAM! Wrestling (http://slamwrestling.canoe.ca/Slam/Wrestling/) and author of the book The Best Wrestling Hall of Fame, the Canadian, said that the student turnout exceeded about the number that show the SIS took put it should have been [illegible].

Oliver also noted that BCW recently held [illegible] the Ultimate Tournament that attracted all stars.

"Showtime" Erin Young [illegible] the ring to deliver [illegible] show stopper.

Although fans [illegible] make their paying [illegible] SIS put too much [illegible] when it comes to the incredible skill displayed at a BCW event.

Jody Andrusskiewicz, CSI events program [illegible] pitched in the fun [illegible] as the special guest ring announcer for the night.

Circulating as a broadcasting [illegible] kept busy throughout the night filming the event, obtaining interviews running a live commentary booth and enjoying themselves from the opening bell to the final pin fall.

The card was stacked with the 1981 [illegible] wrestling legends Hacksaw Jim Duggan, Jim "The Anvil" Neidhart and The Honky Tonk Man were all on hand entertaining the crowd as always.

Duggan is the former WWE two-by four swinging star who spent many years working with wrestling's biggest icon of all time, Hulk Hogan. Neidhart is the brother-in-law and former tag team partner of Bret "The Hitman" Hart, who won several WWE tag team titles together as The Hart Foundation. The Honky Tonk man is a former WWE Intercontinental Champion and is the self-proclaimed "greatest Intercontinental Champion of all time."

Jerry Lynn, a former WWE Light Heavyweight Champion and ECW (Extreme Championship Wrestling) World Heavyweight Champion, was also on hand for the event. Lynn was a part of one of the best matches of the night, as he took on Petey Williams and Hot Shot Johnny Devine in an amazing three way dance. After hitting his trademark inside pile driver on Williams, Lynn walked away with the win and a great deal of respect from the Kitchener crowd.

Williams and Devine also received standing ovations from several members of the audience for their outstanding work during this match.

In other action, Dancing Tyson Dux defeated Alex Shelley via pin fall in the opening match of the evening. Homeboy, youngster Hayden Avery of Kitchener, pinned Geza Kalman and in a tag team action Crystal Kicks, BLACKJAK and Ricky Sills seem to be undecided factors in numerous skill [illegible] against Chris Chambers.

[illegible] said the best [illegible] night [illegible] "Showtime" Erin Young defeated Bobby Rude in a [illegible] the top pin.

The BCW Tag Team Champions, Carter and The Hacker, retained their title when they defeated The Original Sin and El Forajido in a tag match paced by Smith Jacobs. Dazed but [illegible] through and during the entire [illegible] tag team [illegible] Duggan was victorious in his main event match up that pitted him and his tag team partner The Honky Tonk Man against Mr. Windsor, AT and Jim "The Anvil" Neidhart.

Although the legends did their job to entertain and shock the fans in attendance, it was the young stars of BCW who stole the show, showing all night long and proving that there is a lot of talent in the Ontario indy circuit.

A lot of this talent, however, often goes unnoticed.

Independent wrestling superstars such as "Showtime" Erin Young, The Hacker, Dancing Tyson Dux (formerly Textbook Tyson Dux), El Torando, Bobby Rude and many more gain Conestoga students and everyone in attendance a little taste of what they have to offer the wrestling business in the future.

These talented stars are simply living their dream and loving every second of it. And so, they are not taking it for granted either.

"Showtime" Erin Young, 23, a resident of Cambridge, as well as owner and head trainer of Wrestle Plex Ontario, also based in Cambridge, said he just loves performing for the fans.

"It doesn't matter to me if there's tens of fans or a full crowd, I just want to make people who show up, sit down and have fun. When I [illegible] through the ropes and hear the cheering, it's just [illegible] for me. It's [illegible] I want to [illegible] and put on the best match I possibly can [illegible]."

Showtime [illegible] Young [illegible] Bobby Rude [illegible] opponent Bobby Rude.

Young and [illegible] the best [illegible] Rude [illegible] and [illegible] "I think that [illegible] and that means a lot," he said.

And from the pop Jim Duggan gave when he came out, I think the fans were the loudest during my match."

Young has been in the independent circuit for [illegible] years and has made his mark in the world of pro wrestling. Oliver [illegible] Young [illegible] and that's why he [illegible] Sean Bull, Damien Adams, Hayden Avery (also known as "The Gnarly Hippie"), Flash Osborne, The Barker, Jim Mad Bumper, JJ Player, Skylar, Bryan Silver, The Italians, Sean Spears, Cody Static, Kit Chambers, Ash Jade, Lady Blackbird, all [illegible] Angle [illegible].

[illegible] Hulk Hogan [illegible] attention and world [illegible] rare.

Showtime has appeared in WWE (World Wrestling Entertainment, formerly the WWF) television three times over the past couple months and he has wrestled in eight WWE dark matches as well. Dark matches are WWE Raw and Smackdown taping's before the show goes to air.

"I'm so close I can taste it," he said. "My dreams are coming true."

For more information on BCW or any of its superstars, log on to www.bordercitywrestling.com

(Photo by Kate Ra[illegible])

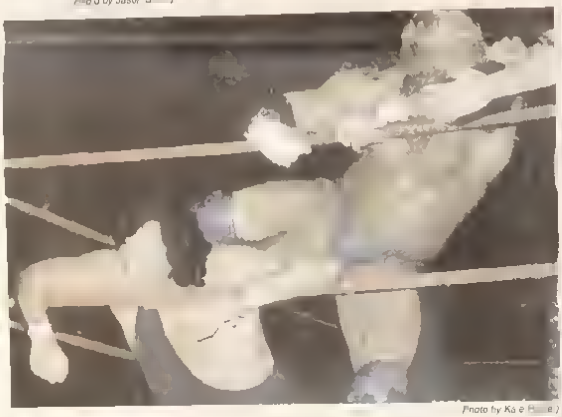
"Showtime" has worked with many future superstars, teaching them the tricks of the trade. A few of Young's students were on hand at Angle Management, showcasing their craft in the ring.

Young has trained or had a hand in training TJ Harley, "Sunnie"

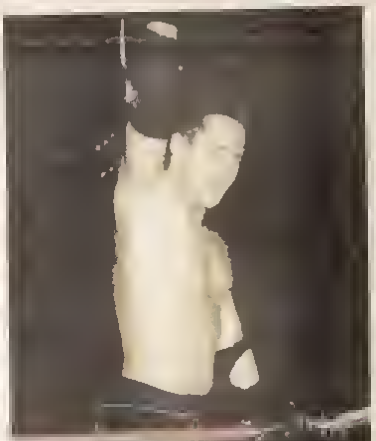
Action-packed main events

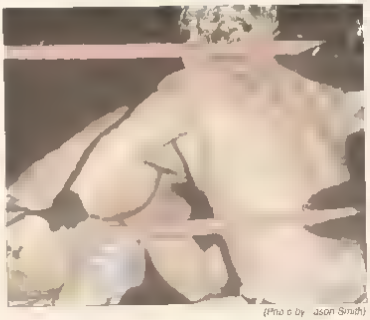
(Photo by Jason Smith)

(Photo by Kate Smith)



(Photo by Kate Smith)





(Photo by Jason Smith)

(Photo by Jason Smith)

Top left: Angel Williams struts his stuff before fighting Jaimo D during BCW's Anger Management 101 show Nov 18 at the rec centre.
Top right: Bobby Rude applies pressure to "Showtime" Eric Young.
Above: A-1 applies a knee to the back of the Honky Tonk Man's head, using the rope to choke him.
Bottom right: The Hacker celebrates his BCW Tag Team Title after he and his tag team partner Gutter retained their titles from Sinn and El Fuego.
Left: Bobby Rude works over "Showtime" Eric Young in the corner.

Take a trip to the Big Apple

By JENNIFER ORMSTON

As the chilly winter days rapidly approach and the school days seem to drag on and on many students dream about taking a vacation. Luckily Christmas holidays and study week will be here soon.

With dozens of destinations it's difficult to choose a location. But for those if you looking for fun, short travel times and countless options of how to spend your days and nights one city stands out as the ideal place to go New York.

The rumours the Big Apple smells bad sirens constantly blast and traffic is so congested it can take 15 minutes to drive a block are all true however the excitement of the city that doesn't sleep makes it a place well worth visiting even if only for a weekend getaway.

New York has much more to offer than laboring, shopping, scrumptious restaurants and possible celebrity sightings. The choices are endless but there are some things every first-time visitor to the city must do.

The Rockefeller Center is a popular tourist attraction throughout the year but especially during the holiday season.

If you are lucky enough to be in New York on Dec. 3 make a trip to the Rockefeller Center to see the legendary annual Christmas tree lighting ceremony. More than 25,000 lights will adorn this six-storey tree it will remain lit until Jan. 6.

People can skate beneath the rows of flags that hang around the Rockefeller Center's famous ice rink from October to April. Although skaters may have to wait in a long line for rink time it is quite an experience to skate below the renowned Rockefeller Christmas tree.

Radio City Music Hall is a historic New York landmark within walking distance from the Rockefeller Center.

Here the legendary Rockettes perform their precision dance routine over the Christmas season. Known as one of the most famous dance companies in the world the Rockettes have been amazing audiences at the hall for three quarters of a century.

Tourists looking for an unparalleled view of the city should travel the 86 floor elevator ride to the observatory level of the Empire State Building.

During the holiday season this view is especially spectacular as New York is lit up with Christmas lights.

Theatre lovers will feel like they are in paradise if they attend one of Broadway's hit shows.

The critically acclaimed musical The Producers has been running for a couple of years and is still selling out this musical has won the most Tony Awards in history including best musical and best original score.

Although most Conestoga College students probably think they are too old for toy stores no trip to New York would be complete without a stop off at FAO Schwarz "the world of toys."

This world famous store houses an unimaginable quantity of toys. As the company's motto states it is really the ultimate toy store!

FAO Schwarz is conveniently located in a high traffic tourist area on Fifth Avenue across from one of the entrances into Central Park.

Finally a visit to Central Park is an unforgettable New York experience. Here you can leave the hustle and bustle of the city behind as you stroll through paved paths or sit on one of many benches and watch the people go by.

One of the most exciting aspects of this world famous park is it is the home of the Central Park Zoo.

Approximately one million people visit the zoo annually to see polar bears, monkeys and even penguins. Animal feeding times and performances are popular especially the seal show.

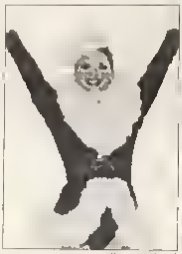
For travellers on a romantic getaway a popular way to see the park is from a horse-drawn carriage ride. You can hire a carriage in front of the legendary Plaza Hotel for either a 20- or 50-minute ride. Although the cost is pricey ranging from $34 to $54 US it is truly a classic New York moment.

For more information on planning your New York vacation go to www.nyctourist.com

(Photos by Jennifer Ormston)

The seals at New York's Central Park Zoo draw almost one million people annually

Below the Rockettes still dazzle audiences at Radio City Music Hall



(Internet photo)

COUNSELLOR'S CORNER: Procrastination

You may think it is too early in the semester to deal with procrastination, or are you just procrastinating?

Avoiding or putting off work which needs to be done can come in many forms. Some students ignore a certain task hoping it will go away. Some underestimate how much work is actually involved in an assignment. Some see other activities as taking priority like vacuuming your room instead of beginning to read that textbook chapter. An extra ten minutes of TV can eventually become the whole evening. Sometimes, students get "stuck" on one part of their project and don't move on from there.

To overcome procrastination you first need to recognize what avoidance technique you employ and whether you want to change it. Then you can try some helpful approaches.

An essential element in dealing with procrastination is managing your time and planning. Effective planning is a key to achieving goals. Divide larger tasks into smaller steps which will seem more manageable. Set a deadline for each step. Take breaks and build in rewards. Work with a friend. Be reasonable and realistic with your goals, perfectionism can get in the way. For further assistance, don't procrastinate! Talk to a counsellor.

A Message from Student Services

Christmas Wish Tree 2003
Students with Children

CONESTOGA
STUDENTS INC.

Simply come into the CSI office, list your childs age and gender as well as a short list of suggestions for what your child might want for Christmas. A Christmas tag will be hung on the tree for them and when the gift is purchased, the Christmas tag and gift are returned to the CSI office for distribution to the students.

Horoscope

Week of Nov. 30 - Dec. 6

Happy Birthday!

Manage your money with firm ethics. Respect those in power but do not accept intimidation. Your ideas are rich but still need development. Try to compromise and see others' points of views.

Aries
March 21 - April 19

Tender words and sympathy bring the best results. Speak from your heart. A sudden flirtation or love affair is likely. Food and drink become more appealing now, so try not to overdo it.

Taurus
April 20 - May 20

You may be doubting your ability to live up to your responsibilities. Believe in yourself but don't look for too much approval from others at this time. Rewards will arrive when you work alone.

Gemini
May 21 - June 21

You often change your course of action as you work towards your goals. This isn't necessarily bad as long as you keep your goals clearly in focus. Look out, friends may make excessive demands.

Cancer
June 22 - July 22

Your expecting things to come too easily. Be careful not to give up right away, then they don't. You're feeling a desire to escape to withdraw into you self. It's time to shrug off your current lack of focus.

Leo
July 23 - August 22

Compromise brings happiness. Perhaps [illegible] not [illegible] in [illegible] Try [illegible] the other side. Other [illegible] Use [illegible] time [illegible] and [illegible] management.

Virgo
August 23 - September 22

You're both extremely sensitive now and vulnerable to the suggestions of others. Stop it! Fear of competition and growth will only delay desired outcomes.

Libra
September 23 - October 22

You'll soon gain recognition for accomplishments. Don't forget those who made your success possible. You want to help people, so be a willing listener.

Scorpio
October 23 - November 21

Don't be indecisive. Say what you feel and move on. Situations are nowhere near resolution, so be patient. Don't sacrifice your beliefs or freedoms for status.

Sagittarius
November 22 - December 21

You're an understanding listener and you know just what to say to please others. But don't get so close to associates that you have a hard time thinking for yourself. Rely on your own abilities.

Capricorn
December 22 - January 19

Follow that path that is familiar. Now is a good time to show how conventional you can be. Your public image and status with friends or in the community are of great concern to you now.

Aquarius
January 20 - February 18

Luck isn't on your side just now. Don't get embroiled in anything you'll regret. Stay constructively selfish. This is not a good time to be alone though. Ask questions, seek answers and try new options.

Pisces
February 19 - March 20

Every one wants to be admired. Others embellish the truth but that's necessary and real will prevail. Illusions will be shattered, romances revealed. Don't be upset if things don't turn out as planned.

Diana O'Neill is a third-year journalism student who dabbles with astrology and likes to read tarot cards just for kicks

(Submitted photo)

Second year journalism student, Christina Bramburger, 20, meets with legendary porn actor Ron Jeremy after he performed a comedy act at The Manor on Nov. 14.

A night with the porn king

By CHRISTINA BRAMBURGER

The king of porn came to Canada to host the seventh annual Exotic Entertainment Awards at The Manor in Guelph Nov. 14.

Ron Jeremy performed his comedy act for a packed house and took time to pose for pictures and sign posters, shirts and an array of body parts.

"I always have a great time in Canada," said Jeremy.

Canadian women are more natural, he said.

"I don't see as much silicone and saline."

Jeremy has performed in more than 1,600 adult films and directed more than 100 of them.

He got into the adult entertainment industry 25 years ago when his girlfriend at the time sent a nude picture of him to Playgirl magazine.

He was originally known for his boy next door looks.

"Now I'm the overweight pizza-delivery-boy next-door," he said.

Jeremy was once a special education teacher and he also received his BA in theatre.

He said he is one of the most successful and well known porn stars because when men see him with beautiful women it gives them hope that they can find one as well.

"The average guy gets lucky," he said.

Jeremy is currently in a long-term relationship with a woman back in California.

"It's been tough. The business took its toll on our relationship as well as always travelling," he said.

> "Canadian women are more natural"
>
> *Ron Jeremy*
> *porn king*

Jeremy and his girlfriend are OK with the thought of being emotionally monogamous and physically non-monogamous.

"A couple that has been together for so many years loves each other to pieces, but they find the sex becomes an issue."

He said working in the sex industry does not devalue sex with a woman he cares about.

Some day Jeremy does see him self getting married and leaving the industry.

"I dream about being normal, settling down and having a wife and a child."

If he had the chance to do things over again, Jeremy would do more regular films.

He never would have done porn if he had gotten more breaks doing theatre off Broadway, he said.

"I'm kind of happy with the way things have worked out. I kind of like the choices I've made."

Look for Jeremy in a new reality TV show called The Surreal Life if that is coming out in January.

He has to live in a house for 10 days with other celebrities ranging from Vanilla Ice to Tammy Faye Messner (a.k.a. Tammy Fayr Bakker).

Jeremy does not want to be remembered for his porn, but rather for his comedy acts.

"I'd want people to say, 'He was an entertainer.' People get a kick out of him.

Jeremy is a smart, friendly and down to earth guy.

"I have lived life pretty much on my own terms. I've had fun, didn't hurt anybody, did what I wanted to do, didn't step on too many toes and even tried to help my friends along the way."

Bored.com anything but boring

By KRISTEN MCMURPHY

If studying for exams and finishing up big assignments isn't keeping you busy enough you might want to check out the website www.bored.com.

Bored.com, which boasts the slogan "when you have nothing better to do" contains more than 100 links to websites that are guaranteed to keep boredom at bay for hours on end, totally free of charge.

Entertainment fanatics will find links to sites that allow them to read movie reviews, watch full concert videos of some of today's hottest acts and listen to classic radio shows such as Abbot and Costello and Groucho Marx.

If you need a good laugh bored.com has connections to a plethora of jokes, jokes, pick up lines, bumper stickers and famous last words. There is also a site that has many answers to the age old question, why did the chicken cross the road?

Virtual playtime is never ending on the website where you can create your own rock band and listen to it play or put on your own fireworks display. Online games seem to be infinite with one of the most interesting being a pop the bubble wrap game.

You can also have a conversation with a virtual robot or figure out if your phone number spells anything. This is only the beginning, to the fun that can be had while on the website.

Bored.com is not only a domain for games, quizzes, jokes and music, it also offers an interesting history of fads from 1990 onward, teaches creative ways of folding paper money and analyzes the meanings of dreams. There are also answers to questions such as how chocolate is made and what makes a toilet work.

The next time you're twiddling your thumbs and wondering what to do, bored.com might be worthy of a visit. It's a good way to pass the time, and you just might end up learning something while having fun.

Students don't have time to read bestsellers

By JENNIFER ORMSTON

Fall autumn is a busy time for those in the literary community.

Several prestigious awards including the Governor General Literary Award, the Giller Prize and the Man Booker Prize, were granted to worthy authors.

The Governor General Literary Award for Canadian authors was announced on Nov. 12.

Douglas Glover beat Margaret Atwood for this coveted honour with his book Elle in the English language fiction category.

This distinguished award which is more than 60 years old is given by the Canada Council of the Arts and presented by the Governor General.

A Toronto novelist was the recipient of the Giller Prize for the best Canadian novel or short story on Nov. 4.

M.G. Vassanji now a two-time winner of the ancient 10-year old award, won for his novel The In Between World of Vikram Lall.

Australian author D.B.C. Pierre was awarded the celebrated Man Booker Prize for Vernon God Little.

Full length novel written by Commonwealth or Republic of Ireland citizens are eligible to compete for this prize.

In light of the media attention literature is currently receiving it is interesting to look at what or if Conestoga College students are reading.

Half of students questioned in a random survey at the school said they read between two and six hours a week.

The majority said time restraints keep them from reading more.

Reading would be a way to spend free time if there was say said Chris Mulz 23 a third year management studies student.

"I usually do read but with school a fiance a baby due in December and work there is no time to read."

Time is definately a problem said Phaedra McIntosh 25.

"My mother works at a library so I get pretty much whatever book I want when I want it."

For this third-year business management student there is just no time to read than.

However time is not holding all Conestoga College students back from reading.

One student admitted he spends no time reading books recreational ally although it does like sports magazines and Maxim.

"If I did have more time I probably wouldn't devote it to reading," said Kevin Way 21 a second-year pollen foundations student.

Although students enjoy a wide range of books not one of them had read any of the books on the national bestsellers list.

The all time best book is Lord of the Rings said McIntosh.

"It's a complex story with lots of detail" she said. "You really get into the book."

For Mike Boss, 18 watching the Lord of the Rings movie is a lot easier than reading the book.

"I want to read the book and I've tried lots of times but I'm far too lazy to get through it" said the first year journalism student.

To Kill a Mockingbird is Boss favourite book.

I have always liked it because I like simple stories told in a simple way" he said. "I think it's a well told story."

Other students prefer non fiction or moral stories.

Ashley Carr 20 owns several books on drug addictions she wants to read.

"I am drug addiction nonsense so I read a lot of books at my job" said the second year pollen foundations student.

She also enjoys biographies. It's Not About the Bike: My Journey Back to Life by Lance Armstrong is one of her favourites.

Although the majority of students questioned do not spend much time reading books they do look at newspapers and magazines.

On average, the students surveyed read three or four newspapers per week.

Every student said they read the Record and many also read the National Post.

The majority of students also read one in two magazines monthly with their selection ranging from fashion magazines like Elle and vogue and sports magazines like Fitness and Shape to male magazines like Maxim.

(Photo by Jennifer Ormston)

Many book awards including the Governor General Literary Award the Giller Prize and the Booker Prize have been granted.

It's a great time for music fans in K-W

By JAMES CLARK

Kitchener-Waterloo has been a mecca for Canadian music fans thanks to five shows that were held at different venues throughout the area in November.

The Weakerthans show at the Starlight on Nov. 6 was the first of a string of concerts that featured The Constantines, Pilate, David Usher and Sam Roberts.

The Starlight Club, which was recently opened on King Street in Waterloo, was home to both The Weakerthans and The Constantines. The Weakerthans formed in 1997 in Winnipeg, Man., are touring in support of their third album, Reconstruction Site (Epitaph/30031). Adam Kasper who has worked with the Foo Fighters and Queens of the Stone Age, mixed the album. The disc was album of the week on www.virginmegastore.com, the same site declared every song on the disk a "little gem waiting to be discovered."

The Constantines played the same venue on Nov. 15 to an energetic crowd. The group came to Waterloo riding a wave of good fortune. Their self-titled debut album released in 2001 on the Canadian label Three-Gut Records was nominated for a Juno Award under the best alternative album category. The band was at the Starlight supporting their latest album, Shine a Light, which was released in the United States on Sub-Pop records.

The Cons are known for their energetic live performances and fans were not disappointed.

Dave Hutchinson, a third year mechanical engineering student at the University of Waterloo, was wowed by the show.

"It was 10 times better than I thought it would be," he exclaimed Hutch soon after the show.

The excitement continued for music fans on Nov. 21 as Toronto-band Pilate visited the University of Waterloo. The band's first single, Into Your Hideout, from the band's debut album Caught by the Window (Mapleh Music Recording) drew the largest reaction from the capacity crowd. The performance gave justification to the best unsigned band title Pilate earned at the 2002 North by Northeast Festival that was held in Toronto.

Lead singer Todd Clark was seen wandering the crowd before the show and said he was impressed when he heard that the show was sold out.

"This looks like it could be a good show," said Clark.

Pilate has been on tour for a number of months supporting the album. While on tour, the group opened for David Usher who also played Nov. 21.

Usher played at the Element to promote his new disc, Hallucinations (Capitol/EMI Records). He has made his rounds of the Canadian music scene over the past decade with his former band Moist. Usher left the group to start a solo career and has met with success. His last record, Matinee, sold well platinum and Usher's Juno Award.

Rob Jackman, a first year student working toward a Conestoga College, went to the show but left around the midway point because he thought it was boring.

"I just thought it would be more like Moist," said Jackman.

He said Usher and his band did not have the same stage presence that made Moist so enjoyable to watch.

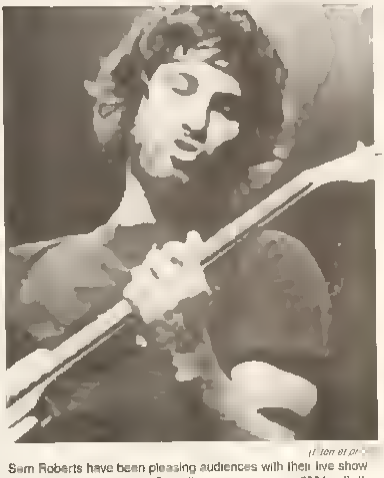
Sam Roberts rounded out the music blitz with a concert that was also at Element.

Roberts burst onto the music scene in the summer of 2001 with the sizzling disc the Inhuman Condition. Roberts followed up with the album We Were Born In a Flame (Universal) in 2003. His breakout single, which more than 400,000 fans watched him grace the stage at the SARS benefit concert held in Toronto over the summer.

Roberts was even more enthralling in his show at Element. For the entire set he had the crowd in the palm of his hand. When the crowd wasn't singing along with Roberts entirely lyrics they were watching his band break out into a jam session filled with power chords and heavy beats.

It would be hard to say who put on the best show out of the five sets because each show was amazing in its own way. What can be said is music fans in the area have had five excellent opportunities to see great Canadian acts.

Anybody who is interested in reading more about the bands mentioned above should check out www.maplemusic.com. The site has an alphabetical listing of Canadian bands, some of which are virtually unknown now but are sure to be one of the next big things in music. A browser is also able to listen to selected artists and order albums from the site.



Tom Bright

Sam Roberts have been pleasing audiences with their live show since they broke onto the Canadian music scene in 2001 with the album The Inhuman Condition. The next chance to catch Sam Roberts is in Burlington at Higher Ground Dec. 6.

Baseball fans should be proud

By JEFF HEUCHERT

For all the complaining Canadian baseball fans did over how bad their teams were this past season we sure have a lot to be proud of

On Nov 13 Canadian born pitcher Eric Gagne won the National League Cy Young Award, given annually to the best pitcher The Los Angeles Dodgers pitcher received 28 first place votes and two second-place votes totalling 146 points

What makes Gagne s win impressive is the fact that he's the closer which means he s only pitching one or two innings a game if the Dodgers were winning

He becomes only the second Canadian to win the award, and just the ninth relief pitcher in Major League history

The Montreal native had one of the most statistically dominating seasons of any pitcher in history He tied the National League record with 55 saves and became the first pitcher in Major League history to complete a 162 game season without blowing a save opportunity

He also set a Major League record by striking out 15 0 batters per nine innings and led the Major League in saves, relief batting average allowed and runners per nine innings

Gagne became the first reliever to save more than 50 games while keeping his ERA below 1 45

This season alone, he moved from 10th on the Dodgers all time saves list to fourth In the past two seasons Gagne has converted 63 saves and become the first pitcher to post back to back 50 save seasons

Not many Canadian born baseball players receive much recognition, but Eric Gagne has proven anything is possible

Also Toronto Blue Jay s pitcher Roy Halladay won the American League Cy Young Award Halladay won the award in a landslide after receiving 26 first place votes and two second place totalling 136 points Chicago White Sox s pitcher Esteban Loaiza came in second with only 63 points Votes were given by the Baseball Writer s Association of America.

Halladay led the Major Leagues with 22 wins, and innings pitched with 266.

He got off to a slow start, after not winning a game in April but took off after that He didn t lose a game for more than three months winning 15 straight decisions just one short of a league record set in 1912. He pitched four complete games in the first five months of the season and finished the season with five complete-game wins in his last six starts

Remarkably Halladay represents the fourth Blue Jay s pitcher to win this award in the past eight years Pat Hentgen won in 1996 and Roger Clemens won in 1997 and 1998

Halladay also won the Players Choice and The Sporting News Award as the league s most outstanding pitcher

Halladay was brought up through the Blue Jays farm system, and received his first start in 1998 After a terrible first two seasons Halladay was sent back to the minor leagues to work on his mechanics Since returning he has a record of 41 14

If Halladay is any sign of what kind of pitchers are being brought up in Toronto Blue Jay fans have a lot to look forward to

(Photo by James Doyle)

Go long!

Wayne Dietz a third year business student takes advantage of the warm November weather by throwing a football around on Nov 20

(Photo by Gerte Sandham)

Like father like son

Many parents like this one were teaching their children to skate during public skating at the recreation centre Nov 23

DROP BY THE RECREATION CENTRE TODAY AND TAKE PART IN A HEALTHY LIFESTYLE

Varsity Sports

Your upcoming Varsity games

Men's Hockey

*Dec 5 Vs St Clair 7 30pm
Dec 6 Vs Seneca 7 45pm
Jan 4 Vs Waterloo 7 00pm
*Jan 7 Vs Fleming 7 30pm
*Jan 14 Vs Seneca 7 30pm
Jan 17 Vs Cambrian
* Home Games

Public Skating

Tuesday 11am - 1pm
Sunday 2pm - 3pm

Shinny Hockey

Mon, Wed, Thurs, Fri
11am - 1pm

Intramural Sports

Here are the days and times for your Intramural sports. Come out and support your friends and classmates

Non Contact Hockey
Mon to Wed, 4 30pm to 6:30pm
Ball Hockey
Mon & Thurs, 4:30pm to 6 00pm
Co-Ed Volleyball
Wed, 7 00pm to 10 00pm
Co-Ed Basketball
Tues, 4 30pm to 6 00pm

Toronto Raptors playing let's make a deal

By JAMES DOYLE

Let the countdown begin

As trade rumors blow through Raptorland faster than Hurricane Gaston it is only a matter of time before this team is blown up

The Raptors who were 6 7 as of Nov 24 have at times this season looked like a high school team learning to shoot hoops.

They have been setting up for the and pump shot more than not but they are shooting 38 per cent from the field They are second last in the league ahead of the Denver Nuggets

At home the Raps are an impressive 5 2 but they have more than struggled away from the Air Canada Centre

With a record of 1 4 the Raps have looked downright bad on the road including scoring an only 56 points against Minnesota and 60 in Washington

The time has come for GM Glen Grunwald to blow this team up inside and out

The biggest trade in recent memory for Toronto has the disgruntled Jalen Rose coming to Toronto along with Danyell Marshall in exchange for Antonio Davis Jerome Williams and Morris Peterson Point guard Alvin Williams was also rumored to be heading to Chicago until questions about his health arose Williams has had surgery on both ankles

Bringing in a scorer and threat to take some heat off Vince Carter is what the Raptors desperately need Rose has averaged 14 points per game through Nov 24 He is also averaging close to four assists and 4 rebounds a game

Last year Rose was averaging 22 points and has proved he can get the ball in the hoop

Davis is a veteran player who has good career stats But he has expressed his displeasure with living in Canada in the past and a trade would seem to benefit both parties greatly

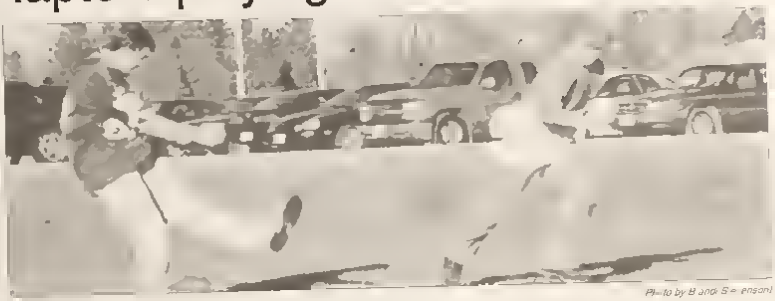
Jerome Williams the JunkYard Dog has been Toronto's heart and soul

The always excited Williams brings a love of basketball to the court every game He would be missed by all Toronto fans but now is the time to trade him while his value is high

Peterson who was drafted by the Raptors in the first round (21 overall) in 2000 has only averaged 12 points a game for his career He was to be the second man in the alliance but has never really found his stroke

Although it seems that trade talks are breaking down between the Raptors and Bulls you can be sure that Grunwald will do something

And hopefully for Raptor fans everywhere it will come soon



(Photo by B and S Peterson)

Kicking the pigskin around

Trevor Guyatt kicks the ball while teammate Dave Dunn looks on The pair and some friends were playing a football game near parking lot 12 on Nov 20 The unseasonably warm weather gave students a chance to take a break from school and enjoy the outdoors

studyskillstudyskillstudyskills

WATCHING THE CLOCK

Tips for Time Management

Every wish there was more hours in a day? Check out this time management strategy that will help you make the most of your every minute.

Time breaks down into months, weeks, days, hours, minutes and seconds Waste those and reality is you're wasting the precious currency of your life So how do you focus and organize your days when you've got a million things to do?

TIME STRATEGY

Don't procrastinate.

If the job is too large to finish in one go, do a little at a time Break down the task If big projects feel overwhelming break them down into smaller more manageable parts You'll get more done if you can do it piece by piece Having goals too big can scare you away from starting

If the task is distasteful, do it first and get it over with Know your peak times If you're more productive and mentally alert in the morning, then schedule difficult tasks then

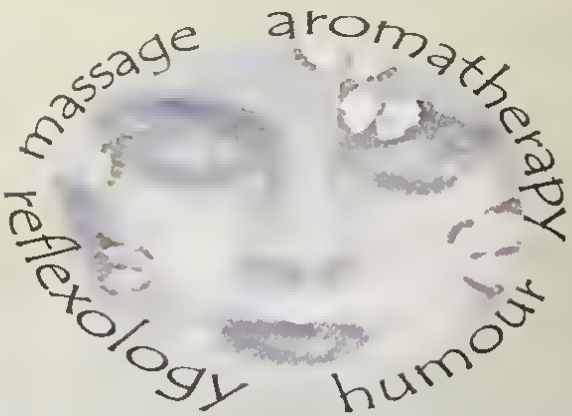
Design Clear Goals. Think about what you want and what needs to be done to get it. Keep your sights realistic and get organized Have all the materials you need ready before you being the task

Set Priorities Write down all the things that need to be done in order of their importance. The greater the importance, the higher the priority. Start at the top and work your way down

Don't torture yourself by leaving things to the last minute Use a reward system to help you do what you don t look forward to doing Take a stand Commit yourself to doing the task Write yourself a contract

Stress-Free Zone

December 9th and 10th
11:30 am - 1:30pm
Room 1B25



Take a break and RELAX during stressful exam time.

DROP-IN and enjoy some relaxation tips and techniques

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